fitbit charge™

Wireless Activity Wristband

BC

Product Manual

Version 1.1

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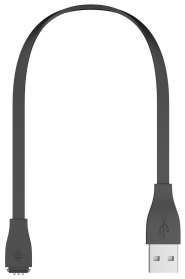
Getting Started

Welcome to Fitbit Charge™, the high-performance wristband tracker that helps you meet your fitness goals.

What's in the box

Your Fitbit Charge Wireless Activity + Sleep Wristband box includes:

Charge wristband



Charging cable

Wireless sync dongle

What's in this document

This manual gets you started quickly setting up your tracker. Setup ensures that your tracker can synchronize its data with fitbit.com or the Fitbit app, where you can get detailed information on your stats, view historical trends, log food, and much more. As soon as setup is complete you're ready to start moving.

The remainder of the manual walks you through every function on your Charge and also explains how to keep your tracker up to date with free firmware updates. Throughout the manual you'll notice that for tasks that can be done on the fitbit.com dashboard or the Fitbit app, only the fitbit.com instructions appear—if you have the Fitbit app for iOS, Android, or Windows, you can easily find the comparable task in the app without needing tap-by-tap instructions here. That said, all the details of our apps are described in our articles at https://help.fitbit.com. Just select Charge and then browse the iOS, Android, or Windows categories.

The manual concludes by explaining how to restart your Charge in the event you encounter difficulty with your tracker. All other troubleshooting suggestions, as well as detailed information about how Fitbit trackers and services work, can be found in the articles at https://help.fitbit.com. Just select Charge and then pick from a category to browse, or enter a search term to find something specific. Do us a favor and rate the articles you read—it's how we know we're getting you the right information at the right time!

Setting up your Fitbit Charge

You can set up your Fitbit Charge using your computer or the Fitbit apps for iOS, Android, or Windows.

Setting up your tracker with the Fitbit app

Over 120 mobile devices and Windows 10 PCs and tablets that support Bluetooth 4.0 technology allow you to set up and wirelessly synchronize your Fitbit Charge. To see if your mobile device is compatible for syncing with your Fitbit Charge, visit www.fitbit.com/devices. If your device is listed, you can then download our app and follow the installation process in the app. If your device is not listed, check back frequently because we're continually adding new devices.

Even if your mobile device is not compatible for syncing via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress; you'll just need to set up and sync your data using a Mac or PC.

Setting up your tracker with a Mac or PC and Fitbit Connect

To set up your Charge using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your Charge to your fitbit.com dashboard where you can view your data, log food, and more.

Mac & PC requirements

Software
Mac OS 10.6 or later
Internet Connection

Hardware
USB port

Software
Windows Vista or later
Internet Connection

Hardware
USB port

Downloading Fitbit Connect

1. Plug in your dongle and have your charged tracker nearby.
2. Go to http://www.fitbit.com/setup.
3. Scroll down and click the pink Download button. If the button does not correctly show your type of computer (for example, if it says "Download for Mac" when you're on a PC), choose the correct type before clicking the button.

Installing and pairing your Charge

1. Go to the folder containing the file you downloaded and look for the installation program:
   - For Mac: Install Fitbit Connect.pkg
   - For Windows: FitbitConnect_Win.exe
2. Double-click the file name to start the installation process.
3. Follow the onscreen instructions to complete setup and pair your Charge with your fitbit.com dashboard. You're ready to start stepping.

Syncing wirelessly using your computer

Now that Fitbit Connect is installed, your Charge will automatically and wirelessly sync every 20 minutes or so if the following requirements are met:

- The tracker has new data to upload
- Your computer is powered on, awake, and connected to the Internet
- Your wireless sync dongle is inserted into a USB port and recognized by the computer
- Your Charge is charged and within 15-20 feet of your computer

You can manually sync your Charge by clicking the Fitbit Connect (located near the date and time on your computer) and selecting Sync Now.

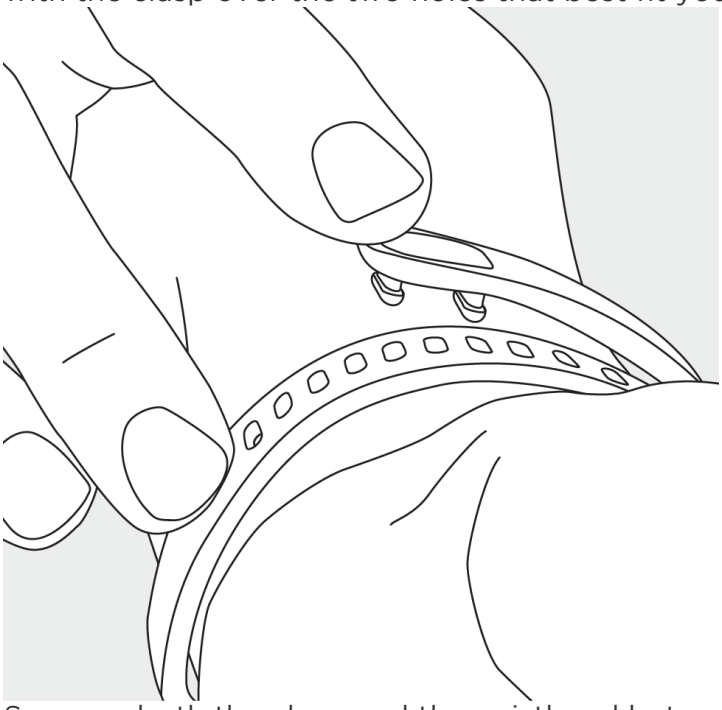
Getting to know your Fitbit Charge

Wearing your Charge

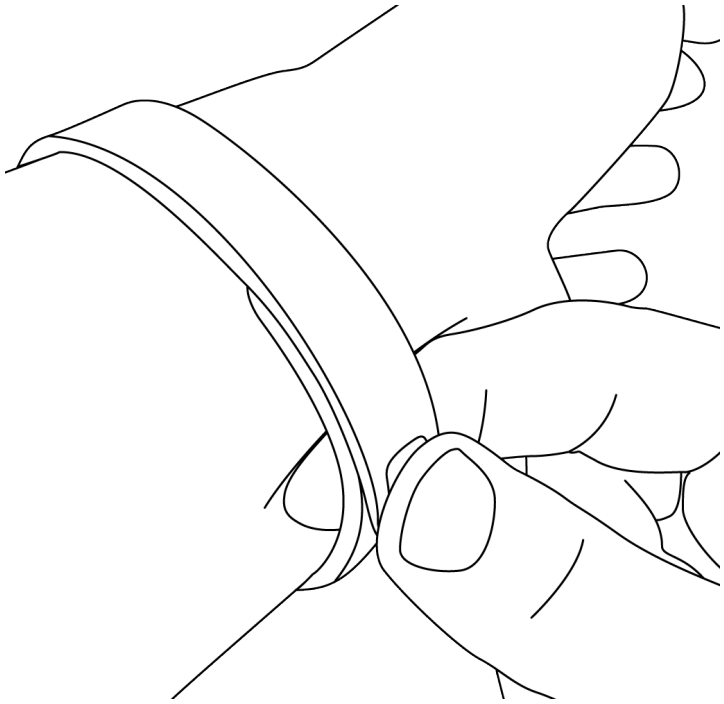
Your Charge is designed to be most accurate when worn on your wrist. Though it will track stats such as steps and floors when placed in a pocket or backpack, it is most accurate on the wrist.

How to put on your Charge

1. Put on the wristband so the screen is closest to the outside of your wrist and facing you.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the wristband between your thumb and forefinger until you hear a soft click.



You'll know your Charge wristband is securely fastened if both pegs on the clasp are fully inserted.

NOTE: If you're having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Wearing on your dominant vs. non-dominant wrist

To get the most accurate reading from your Charge, configure whether you are wearing the wristband on your dominant or non-dominant wrist. Your dominant wrist is the one you use for most day-to-day activities, such as writing or throwing a ball.

To configure this setting:

1. Log in to fitbit.com.
2. Click the gear icon in the top-right corner of the dashboard.
3. Click Settings.
4. Find and edit the Dominant Wrist setting.
5. Sync your Charge to send the change to your tracker.

Using your Charge in wet conditions

Your Charge is water resistant, which means it is splash and rain proof and can stand up to even the sweatiest workout. Give your tracker a break while showering or swimming and dry it thoroughly after getting it wet.

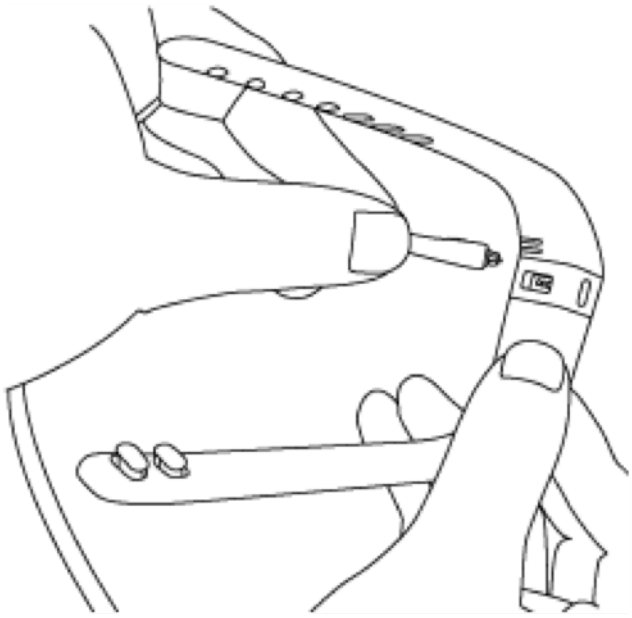
Battery life and charging

Your Charge contains a rechargeable lithium-polymer battery.

With normal use, your fully charged Charge should last about 7 to 10 days before needing a charge. You can check the level of your battery by logging into fitbit.com and clicking the gear icon on the top-right corner of the page or looking at the Fitbit app.

When you press the button on your Charge to cycle through your stats, the first screen will show a battery if there is approximately one day or less of battery life remaining.

To charge your Charge, plug the charging cable into the USB port on your computer and plug the other end into the port on the back of the Charge.



Care instructions

Regularly clean your band—especially after sweating or exposing your skin to substances like soaps and lotions that can get trapped beneath the band. For more instructions on caring for your band, see https://www.fitbit.com/productcare.

We also recommend occasionally cleaning the charging contacts on the back of your tracker. They can become obstructed by microscopic dirt or debris that prevents them from making a good connection to the charger. Use a toothpick or toothbrush to clean the charging contacts; do not scrape them with anything metal. Scraping may damage the plating and result in corrosion.

Tracking with Fitbit Charge

Your Charge tracks:

- Steps taken
- Distance traveled
- Floors climbed
- Calories burned
- Active minutes
- Hours slept
- Quality of sleep

NOTE: Active minutes do not appear on the display; you can see them on your dashboard and in the Fitbit app.

To scroll through your stats simply press the button on the side of your Charge. You'll see the time followed by an icon and stat in turn. If you have an alarm set, your display will also show the next alarm time.

Steps Distance Floors Calories

Tracking sleep

Your Charge automatically tracks the hours you sleep and your movement during the night to help you understand your sleep quality. You don't need to press any buttons or otherwise enter a "sleep mode" to begin tracking sleep. Simply wear your Charge to bed.

To see your sleep data, sync your tracker and then view the fitbit.com dashboard or Fitbit app. On the dashboard you can look at the sleep tile or go to Log > Sleep. In the Fitbit app, tap your sleep tile. If you choose, you can also set a goal for number of hours slept.

Note that after waking up in the morning and syncing your tracker it can take up to an hour for your sleep log to appear.

Tracking goals

Your Charge is designed to track your progress towards a main fitness goal that you define on your fitbit.com dashboard. The goal can be set for steps taken, distance

traveled, calories burned, or floors climbed. A progress bar below your goal keeps you motivated throughout the day. When you reach your goal, Charge will vibrate and flash to celebrate.

To choose the specific goal you want to track:

1. Log in to your fitbit.com dashboard.
2. Click the gear icon in the top-right corner of the page.
3. Click Settings.
4. Find and edit the Daily Goal Progress setting.
5. Sync your Charge to send the new goal to your tracker.

Once you've chosen which goal you want to track, you can set a specific value for that goal on the fitbit.com dashboard page or using the Fitbit app for mobile. For example, instead of the default 10,000 steps per day, you may want your goal to be 15,000 per day. To change your goal value using your dashboard:

1. Log into your fitbit.com dashboard.
2. Find the tile that corresponds to your goal.
3. Click the gear icon in the lower left corner of the tile.
4. Change your Daily Goal value.
5. Sync your Charge to send the new goal value to your tracker.

Tracking exercise

As mentioned above, your Charge automatically tracks several stats throughout the day. Using the exercise mode feature, you can choose to track stats for a specific activity as well.

For example, if you put your tracker in exercise mode and go for a run, you can view stats measured for that run, such as calories burned or steps taken. When you end exercise mode at the end of the run and sync your data, you'll see an entry for a "Workout" exercise on your dashboard. The entry provides a summary of the activity's stats as well as a minute-by-minute graph.

Starting and using exercise mode

To use exercise mode:

1. Press and hold the button until a stopwatch icon appears. The timer starts counting immediately and elapsed time is displayed.
2. To view stats being tracked during the exercise, press the button to advance through the stats, which are displayed in the following order:
    - elapsed time
    - calories burned
    - steps taken
    - distance covered
    - floors climbed
    - time of day

Ending exercise mode

When you finish the activity, press and hold the button to end exercise mode. Elapsed time will appear for about 4 seconds and then your Charge returns to all-day mode. When you sync your Charge, your exercise data is uploaded to your fitbit.com dashboard.

Using Silent Alarms

Your Charge can gently vibrate to wake or alert you with its silent alarm feature. Silent alarms can be configured to recur every day or on particular days of the week. You can create up to 8 silent alarms. Note that each alarm reduces battery life by a small percentage.

Setting silent alarms

You can add, edit, and delete silent alarms from the Fitbit app or in the fitbit.com dashboard.

To set silent alarms using your fitbit.com dashboard:

1. Log in to your fitbit.com dashboard.
2. Click the gear icon in the top-right corner of the page.
3. Click Settings.
4. Find Silent Alarms and click the Add Alarm button.
5. Enter the time you want the alarm to alert you.
6. Choose how often you want the alarm to occur:
    a. Once – Your alarm will alert you at the specified time and not repeat.
    b. Repeats – Choose which days you want this alarm to repeat every week.
7. Click Save.
8. Sync your Charge to update your tracker with the new alarms.

Dismissing silent alarms

When your silent alarm goes off, your Charge will vibrate and the screen will flash. This notification will repeat several times until dismissed. You can dismiss the alarm by pressing the button on the side of the Charge.

Receiving Call Notifications

Over 120 mobile devices let you receive incoming phone call notifications on your Charge when your phone is within about 20 feet. To determine whether your device supports this feature, go to http://www.fitbit.com/devices.

Enabling call notifications

To enable call notifications on your Charge:

1. If you have not already done so, confirm that your device is compatible for call notifications at http://www.fitbit.com/devices.
2. Enable Bluetooth on your mobile device.
3. Open the Fitbit app on your mobile device and select your Charge.
4. Enable Call Notifications and follow the onscreen instructions.

Managing call notifications

When you receive a phone call, your Charge vibrates once and the incoming number or name (if the contact is in your address book) scrolls across the display.

The notification scrolls for 10 seconds or until the call is answered. You can dismiss the notification at any time by pressing the button on your Charge.

Note that if you receive a call while your Charge is syncing, the call notification will not appear.

Using your fitbit.com Dashboard

Browser requirements

Browser	Mac Version	Windows Version
Apple Safari	5.1.1 and higher	Not supported
Google Chrome	12 and higher	12 and higher
Microsoft Internet Explorer	Not supported	8 and higher
Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Using your dashboard

Fitbit provides you with a free online tool — the fitbit.com dashboard — to help track, manage, and evaluate your fitness progress. When you log into fitbit.com, you will automatically be taken to your dashboard. Your dashboard shows an overview of your progress towards your goals, as well as graphs with historical data. You can also use the dashboard to record your food intake, which many people find helps them keep their fitness plan on track.

Device info

You can see a quick preview of your tracker's last sync, battery level, and upcoming alarms if you click on the gear icon in the top-right corner of the page.

Managing your tracker from fitbit.com

To manage your tracker from fitbit.com, click the gear icon in the top-right corner of the page and choose Settings from the left sidebar.

Settings allow you to change:

- Display Settings: Hide and show items to customize what you see on your Charge's OLED display. You can also drag items up and down to change the order in which they appear.
- Daily Goal Progress: Choose which goal you want your Charge to track for you throughout the day. You can edit the value of this goal from the Fitbit app or on the fitbit.com dashboard.
- Tap Gesture: If you want your Charge to respond to taps, choose whether you want the clock or your main goal displayed when you double tap your Charge.
- Clock Display: Choose from four different clock styles.
- Dominant Wrist: Choose which wrist you wear your Charge on to get the most accurate data readings.
- Sleep Tracking: Set the sensitivity of your sleep tracking by changing this setting. The Normal setting, which is the default, is appropriate for most people. If you are a sound sleeper, you can choose Sensitive to capture the smallest movements of your body.
- Silent Alarms: Add, edit and delete silent alarms on your Charge.

NOTE: You must sync your Charge in order to apply any changed settings.

Updating Fitbit Charge

Free feature enhancements and product improvements may be made available for your Charge through firmware updates.

Updating the firmware on your Charge takes several minutes and is demanding on the battery. We recommend that you charge your device before updating or while the update is in progress.

You can update your Charge by using the Fitbit app or by using Fitbit Connect on your computer.

To update your Charge using Fitbit Connect:

1. Plug in your dongle and have your tracker nearby, turned on, and charged.
2. Open Fitbit Connect.
3. From the Main Menu, choose Check for device update.
4. Log in to your account using your fitbit.com credentials. Fitbit Connect will now look for your Charge.
5. If an update is found for your Charge, Fitbit Connect displays a progress bar indicating that the update is in progress. Keep your Charge close to your computer during the update.

You'll see a notification when the update completes.

Restarting your Fitbit Charge

If you experience one of the following problems, it may be fixed by restarting your tracker:

- Your tracker isn’t syncing
- Your tracker isn’t responding to movement
- Your tracker isn’t responding even when charging
- Your tracker has a battery charge but isn’t lighting up
- Your tracker isn't tracking your steps
- Your tracker isn't responding to button presses

To restart your Charge:

1. Plug your charging cable into a USB port on your computer and insert the other end into the port on the back of your Charge. Your Charge will begin charging.
2. Press and hold the button for 10 to 12 seconds until you see the Fitbit icon and a version number (e.g. "V70").
3. Let go of the button.
4. Unplug your tracker from the charging cable.

Your Charge should now work normally.

For additional troubleshooting suggestions or to contact Customer Support, see http://help.fitbit.com.

Fitbit Charge General Info & Specifications

Sensors and motors

Your Charge uses a MEMS 3-axis accelerometer to measure your motion patterns and determine your steps taken, distance traveled, calories burned, and sleep quality. Charge also contains:

- An altimeter, which measures floors climbed
- A vibration motor, which allows it to vibrate when alarms go off, when you reach a goal, and when you receive call notifications

Battery

Charge contains a rechargeable lithium-polymer battery.

Memory

Charge holds detailed minute-by-minute information for the most recent 7 days, and 30 days of daily summaries.

Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, and sleep tracked.

Sync your Charge regularly to have the most detailed data available to view on your fitbit.com dashboard.

NOTE: Your Charge starts tracking your goal for the next day at midnight for the time zone selected in your account.

Though your stats reset to zero at midnight this does not delete the previous day's data; that data will be uploaded to your fitbit.com dashboard the next time you sync your Charge.

Size

	Length	Width
Small wristband	5.5 – 6.7 in 140 – 170 mm	.83 in (21 mm)
Large wristband	6.3 – 7.9 in 161 – 200 mm	.83 in (21 mm)
Extra large wristband	7.8 – 9.1 in 198 – 230 mm	.83 in (21 mm)

Environmental conditions

Operating Temperature	-4° to 113° F (-20° to 45° C)
Non-operating Temperature	-22° to 140° F (-30° to 60° C)
Water Resistant	Splash proof. Do not shower with the device or submerge it in water.
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Charge can be found at http://help.fitbit.com.

Return policy and warranty

Warranty information and the fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.

Regulatory & Safety Notices

Model Name: FB404

USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation

FCC Warning

Changes or modifications not approved by Fitbit, Inc. could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB404

Canada: Industry Canada (IC) statement

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

IC Notice to Users in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device

IC ID: 8542A-FB404

European Union (EU)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on CHARGE, Model FB404, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.

CE

Compliant with the standard R&TTE 99/CE/05

Australia and New Zealand

R-NZ

Mexico

IFETEL: RCPFIFB14-1538

Israel

אישור התאמה 51-45296
אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

Serbia

H005 15

South Africa

TA-2014/1710

APPROVED

South Korea

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다

-. 사용 주파수 (Used frequency): 2402 MHz-2480 MHz

-. 채널수 (The number of channels): 40

-. 공중선전계강도 (Antenna power): 1.7dBi

-. 변조방식 (Type of the modulation): Digital

-. 안테나타입 (Antenna type): Vertical

-. 출력 (Output power): 3.7dBm

-. 안테나 종류 (Type of Antenna): Stamped Metal

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB404

2) Certificate number：	MSIP-CRM-XRA-FB404
3) Applicant：	Fitbit, Inc.
4) Manufacture:	Fitbit, Inc.
5) Manufacture / Country of origin:	P.R.C.

Singapore

Complies with IDA Standards DA00006A

Taiwan

Wireless sync dongle

CCAJ15LP1150T4

Charge

CCFA14LP0040T1

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Russia

CUSTOMS UNION CERTIFICATION

EAC

United Arab Emirates

TRA
REGISTERED NO:
ER34980/14

DEALER No:
DA35294/14

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011.

Important safety instructions

Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.
- The device contains electrical equipment that could cause injury if not handled properly.
- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.

- Consult your doctor before beginning or modifying any exercise program.
- Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this Fitbit product.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- This product is not a toy. Do not allow children or pets to play with your Fitbit product. The product contains small components that can be a choking hazard.
- Your Fitbit product is splash and rain proof. It should not be worn in the shower or while swimming and should not be submerged under water.

Care and wearing tips

- Clean and dry your Fitbit product regularly, particularly in areas in contact with the skin. Use a clean, damp cloth. Do not wash the product under a faucet.
- Wear your Fitbit product loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the skin covered by your Fitbit product.
- Take the product off from time to time to clean it and allow for your skin to be uncovered
- Do not open the enclosure or disassemble your Fitbit product.
- Do not use your Fitbit product if the display is cracked.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- Do not place your Fitbit product in a dishwasher, washing machine, or dryer.
- Do not expose your Fitbit product to extremely high or low temperatures.
- Do not use your Fitbit product in a sauna or steam room.
- Do not leave your Fitbit product in direct sunlight for an extended period of time.
- Do not dispose of your Fitbit product in a fire. The battery could explode.
- Do not use abrasive cleaners to clean your Fitbit product.
- Do not wear your Fitbit product while charging it.
- Do not charge your Fitbit product while it is wet.
- Remove your Fitbit product if it feels warm or hot.

Built-in battery precautions and information

- Your Fitbit product features a built-in battery, which is not user replaceable. Tampering with your product, or attempting to open it, will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery.

- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied with this guide.
- Your product uses a California Energy Commission battery charger.

Disposal and Recycling Information

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your Fitbit product with household waste
- Disposal of the packaging and your Fitbit product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.